

# INSPIRING THE FUTURE

## 2016 MAINE SCHOOL WELLNESS SUMMIT

Maine Schoolsite Health Promotion Program ~ Maine Department of Education



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### Wednesday June 22<sup>nd</sup>

- 8:00 – 9:00 a.m. Check-in/Registration, light refreshments and networking  
**Pettengill Hall First Floor**
- 9:00 - 9:30 a.m. Welcome from Bates College  
     ▶ Christine Schwartz , Conference and Events Coordinator  
     ▶ Mike Milliken, Wellness Director  
 Welcome and Program Overview  
     ▶ Maine Schoolsite Health Promotion Program  
**Pettengill Hall Room G 52**
- 9:30 - 10:45 a.m. **Opening Keynote Speaker – George Manning**  
***Building Community in the Workplace through Caring Leadership***
- 10:55 a.m. – 12:00 p.m. **Plenary Breakout Sessions, [page 2](#)**  
**Undergraduates: Workplace Wellness 101 – Building the Foundation**  
**Graduates: Workplace Wellness 501 - A Cultural Shift toward a Healthy Workforce**
- 12:00 - 1:00 p.m. Lunch and Wellness Time  
**Commons Dining Hall**
- 1:00 - 3:00 p.m. Table Talks, [page 3](#) - Exhibits, [page 4](#) -Mini-demonstrations, [page 5](#)
- | <b>Red Group</b>  | <b>Blue Group</b>   |
|---|---|
| <b>Table Talks</b><br>1:00 – 1:25 p.m. Rotation 1<br>1:30 – 1:55 p.m. Rotation 2<br><br><b>Exhibits/Mini-Demonstrations</b><br>2:05 – 3:00 p.m. | <b>Exhibits/Mini-Demonstrations</b><br>1:00 – 1:55 p.m.<br><br><b>Table Talks</b><br>2:05 – 2:30 p.m. Rotation 1<br>2:35 – 3:00 p.m. Rotation 2 |
- 1:55 – 2:05 p.m. Break and **Red** and **Blue** Groups Switch locations
- 3:00 – 3:15 p.m. Break and Physical Activity Time
- 3:15 - 4:15 p.m. Wellness Sessions Round 1, [pages 6 & 7](#)  
 EDU 101 - 106
- 4:30 - 5:30 p.m. Wellness Sessions Round 2, [pages 6 & 7](#)  
 EDU 101 - 106
- 5:30 p.m. Networking Time, Team Planning Time, and Dinner On Your Own...Enjoy!

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**Thursday June 23<sup>rd</sup>**

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|---------------------|---|
| 7:30 - 8:00 a.m.    | Check-in, light refreshments and networking<br>Pettengill Hall First Floor  |
| 8:00 – 9:45 a.m.    | <b>Interactive Action Plan Development Work Session</b> , page 8<br><br><b>Undergraduates:</b> Action Planning 102 - Developing a successful<br>and impactful Action Plan<br><br><b>Graduates:</b> Action Planning 502 - Enhancing Action Plans<br>for Impact |
| 10: 00 - 11:00 a.m. | Education Sessions Round 1, pages 9 & 10<br>EDU 202 - 206   |
| 11:15 - 12:15 p.m.  | Education Sessions Round 2, pages 9 & 10<br>EDU 202 - 206   |
| 12: 20 -1:20 p.m.   | Lunch and Wellness Time<br>Commons Dining Hall  |
| 1:30 - 2:45 p.m.    | <b>Closing Keynote Presentation – David Lee</b><br><b><i>Inspiring U: How to Bring Your “A Game” to Work Every Day<br/>and Bring Out the Best In Others</i></b><br>Pettengill Hall Room G 52  |
| 2:45 - 3:00 p.m.    | Closing Remarks and Giveaways   |



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### KEYNOTE PRESENTATIONS

**Wednesday June 22<sup>nd</sup> 9:30 – 10:45 A.M.**

#### **Building Community in the Workplace through Caring Leadership**

Instructor, George Manning

Location: Pettengill Hall, Room G 52

George Manning is a Professor of Psychology and Business at Northern Kentucky University (NKU) and has a residence right here in Maine. He is an internationally known speaker, author of eleven books including The Art of Leadership, and a consultant to business, industry and government. George's unique approach and magic for connecting with people includes a blend of humor, interesting facts, and practical applications. He was selected "Professor of the Year" at NKU and has received the "Strongest Influence Award" given by the NKU Alumni Association.

Leadership is social influence. Leadership won't happen unless the leader or leaders care about the work and care about the people; one without the other is not enough. Leadership can't be acquired from a book, course, or lecture, and it can't be faked. But if leaders care, they can use this presentation to maximize leadership effectiveness. George will engage participants in a highly interactive program focusing on the human side of every person's job. It includes communication, teamwork and a 1-Team attitude; characteristics of true community; positive versus negative group member roles; and understanding and dealing with different types of people. The subjects are made practical for use back on the job. Attendees will take part in learning people-building skills appropriate for all levels of personnel.

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**Thursday June 23<sup>rd</sup> 1:30 – 2:45 P.M.**

#### **Inspiring U: How to Bring Your "A Game" to Work Every Day and Bring Out the Best in Others**

Instructor, David Lee

Location: Pettengill Hall, Room G 52

David Lee is the founder of HumanNature@Work. He is a consultant, executive coach, and trainer who help leaders boost morale, productivity, and employee engagement. He has worked with organizations and presented at conferences throughout North America and Australia. David is the author of Managing Employee Stress and Safety, Powerful Storytelling for Techniques, and numerous articles and book chapters on employee and organizational performance. He draws from a broad range of disciplines, including neuroscience, stress research, organizational development, and peak performance technologies. David translates these research principles of human nature into practices that optimize employee performance. He will inspire us all to bring our best self to work every day!

Whether you have an official title that designates you as a leader or you are an individual contributor, you have the ability to make a HUGE difference where you work. You can improve morale, foster teamwork, and bring out the best in others, if...you know how to consistently bring YOUR best self to work. When you bring your "A Game" to work and your "Best Self" to work, others are more likely to listen to your ideas; want to collaborate with you; care about what you think; and be THEIR best around you. In this program, participants will learn powerful practices and guiding principles for boosting your energy level...and therefore dynamism; tap into your passion...what brings you alive; setting the tone wherever you are; reducing your stress level so you can be the Creator of Calm and inspiring others to bring their Best Self to work.

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### PLENARY SESSIONS

**WEDNESDAY**      **June 22<sup>nd</sup>**      **10:55 A.M. – 12:00 P.M.**

### Workplace Wellness 101: Building the Foundation

Instructor, Denise Delorie

Location: Pettengill Hall, Room G 65

Denise has over 20 years of experience in community health with a focus in workplace health. She is passionate about science-based worksite health programs and improving the health and wellness of entire communities. Denise's experience includes the development and implementation of micro-worksite wellness programs; serving as a Program Director for a Healthy Maine Partnership; a Master Trainer for the Maine Center for Disease Control Diabetes Prevention Program; and leading Motivational Interviewing trainings for health coaches across the country. She is actively involved in her community, serving on various worksite and health-related committees. Denise earned her Bachelor of Science in Community Health from the University of Maine at Farmington and her Licensed Practical Nurse degree from Mass General School of Nursing.

This session will offer cost effective approaches for creating a healthy workplace. Participants will first learn about the foundational steps necessary to create a successful workplace wellness program and then engage in hands on exploration of a variety of tried and true health promotion materials, programs and resources, many that are free. Electronic devices are encouraged to view online resources.

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### Workplace Wellness 501: A Cultural Shift toward a Healthy Workforce

Instructor, Janice Arsenault

Location: Pettengill Hall, Room G 52

Janice has 30 years of experience in the health, wellness and fitness field with a Bachelors of Art in Psychology and Health Sciences. Her experiences include establishing student wellness centers for the New York State University system; Marketing and Fitness Director for a YMCA; and Outdoor Recreation Director and then Health and Wellness Director for the USAF. Janice has been the Director of Health, Wellness and Training within the Employee Development Office of the Maine Department of Transportation for 15 years. She works with 1900 employees across the State promoting prevention programs through health and wellness activities, a State-wide ergonomics program (including office and heavy equipment ergonomics), and overseeing a Safety & Performance Training Center where transportation training programs are offered combining classroom teaching with hands-on experience. Janice enjoys helping individuals be well while adopting an active lifestyle. She holds certifications as a Personal Trainer, a certified Fitness Instructor and a Certified Ergonomic Evaluator Specialist.

Wellness programs are often like an under-nourished, poorly rooted tree that cannot keep its leaves and struggles to support its branches and trunk. Passively allowing a wellness program to run is not a commitment to a wellness cultural change. Many Wellness initiatives offer numerous programs, but are cut from the budget due to lack of a strong leadership base. This session will challenge established wellness programs to explore an approach to getting leaders and stakeholders on board toward engaging employees, being concerned about presenteeism, absenteeism, rising health care costs, lost time, etc. This new approach will enlighten participants to consider new ways to lead and present a renewed or established Wellness Program.

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### TABLE TALKS

WEDNESDAY

June 22<sup>nd</sup>

**Pick 2... per assigned group time slot between 1:00 and 3:00 P.M**

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Location: Pettengill Hall, Room 65

#### **WTT 101: Addressing Student Hunger: Backpack Programs & Food Pantries**

Instructor, Shannon Coffin

An overview of the different program models and resources schools can utilize to provide meals to vulnerable families, while improving food security and stabilizing lives.

#### **WTT 102: Onlife Health and other Benefits from MEABT**

Instructor, Linda Welch

Come learn about the Maine Education Association Benefit Trust Onlife Health Wellness Program that offers active participants the opportunity to earn up to \$250 in prepaid debit cards for investing in health promotion and wellness.

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Location: Pettengill Hall, Room 63

#### **WTT 103: Using Your Data to Support Your Wellness Program**

Instructor, Courtney Post van der Berg

Come hear an overview of the RSU 14 District Wellness Survey that was administered in the last school year. Courtney will review the questions asked, why they asked what they did, how they promoted it, and what they did with the results.

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Location: Pettengill Hall, Room 52

#### **WTT 104: Awesome Wellness Ideas from RSU 22**

Instructor, Brittany Layman

Join Brittany for a whirlwind tour of innovative health and wellness initiatives sponsored by the RSU 22 Health and Wellness Team. Be inspired to build school gardens, mobile kitchens, wellness breaks, and much more!

#### **WTT 105: Fun Activities for Staff, Students and Families**

Instructor, Jon Woodcock

Jon will highlight a variety of activities and initiatives that provide opportunities to engage staff, students, and families in physical activity, nutrition, and mental wellness. Learn how to replicate RSU 21's success in your schools.

#### **WTT 106: Anthem Wellness Programs and Resources**

Instructor, Carrie Carbonneau

Learn about Anthem's plethora of free wellness resources and wellness programs that are included in the Anthem plan.

#### **WTT 107: School Breakfast ...Why Support Breakfast in the Classroom?**

Instructor, Alisa Roman

Why is school breakfast so important? Come join Alisa, Director of Nutrition for Lewiston Public Schools, to learn about breakfast in the classroom and the importance of starting the day off right.

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Location: Pettengill Hall, Room 50

#### **WTT 108: Recovery Outreach in School Wellness Plans**

Instructors, Barbara Ann McHugh and Bill Keller

RASME will suggest objectives for your action plan and provide resources to help build a safe network for peers in recovery from addictive behaviors.

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Location: Pettengill Hall, Room 21

#### **WTT 109: Engaging Administration in Wellness**

Instructors, Cindy Travers and Cathy Locke

Geared for beginning wellness teams, Cathy and Cindy will share the RSU 35 Wellness Team successes for engaging administration, presenting in front of the school board, and opening communication with the superintendent's office.

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### EXHIBITORS

**WEDNESDAY**

**June 22<sup>nd</sup>**

**Visit during assigned group time slot between 1:00 and 3:00 P.M**

**Location: Commons, 2nd Floor Hallway**

American Heart Association  
Gary Urey & Becky Smith  
51 US Route 1, Suite M  
Scarborough, ME 04074  
[gary.urey@heart.org](mailto:gary.urey@heart.org)  
(207) 318-6463  
[www.heart.org](http://www.heart.org)

Maine Agriculture in the Classroom  
Myra Manning  
Maine Dept. of Agriculture  
28 State House Station  
Augusta, ME 04333  
[maitca@maine.gov](mailto:maitca@maine.gov)  
(207) 287-5522

The Children's Health Market  
Heidi Pound  
27 Cannon Road, Suite 1B  
Wilton, CT 06897  
[heidi@thegreatbodyshop.net](mailto:heidi@thegreatbodyshop.net)  
(800) 782-7077  
[www.TheGreatBodyShop.net](http://www.TheGreatBodyShop.net)

Anthem  
Becky Duval  
2 Gannett Drive  
South Portland, ME 04330  
[Jennifer.Kent@anthem.com](mailto:Jennifer.Kent@anthem.com)  
(207) 430-3533  
[www.anthem.com](http://www.anthem.com)

Maine Dairy and Nutrition Council  
Katie Hoffmann  
333 Cony Road Augusta, ME  
04330  
[catherine@drinkmainemilk.org](mailto:catherine@drinkmainemilk.org)  
(207) 287-3621  
[www.drinkmainemilk.org](http://www.drinkmainemilk.org)

Safe Voices  
Diane Gallagher  
PO Box 245  
Rumford, ME 04276  
[dgallagher@safevoices.org](mailto:dgallagher@safevoices.org)  
(207) 364-9908  
[www.safevoices.org](http://www.safevoices.org)

Bicycle Coalition of Maine/Safe  
Routes to School  
Darcy Whittemore  
34 Preble Street  
Portland, ME 04112  
[saferoutes@bikemaine.org](mailto:saferoutes@bikemaine.org)  
(207) 623-4511  
[www.mainesaferoutes.org](http://www.mainesaferoutes.org)

Maine Huts to Trails  
Merrie Woodworth  
496C Main Street  
Kingfield, ME 04947  
[mwoodworth@mainehuts.org](mailto:mwoodworth@mainehuts.org)  
(207) 265-2400  
[www.mainehuts.org](http://www.mainehuts.org)

University of Maine Cooperative  
Extension  
Brenda Bracy & Nancy Beaulieu  
5717 Corbett Hall Room 320  
University of Maine  
Orono, ME 04469-5717  
[kyerxa@umext.maine.edu](mailto:kyerxa@umext.maine.edu)  
(207) 581-3109  
[www.extension.umaine.edu](http://www.extension.umaine.edu)

Child Nutrition Services  
Maine Department of Education  
Sarah Platt  
23 State House Station  
Augusta, ME 04333-  
[gail.lombardi@maine.gov](mailto:gail.lombardi@maine.gov)  
(207) 624-6876  
[www.maine.gov/education/sfs](http://www.maine.gov/education/sfs)

MEA Benefits Trust  
Linda Welch  
29 Christopher Toppi Drive  
South Portland, ME 04046  
[lwelch@meabt.org](mailto:lwelch@meabt.org)  
(207) 774-6133  
[www.meabt.org](http://www.meabt.org)

Wellable  
Anna Siradze  
[anna@wellable.co](mailto:anna@wellable.co)  
[www.wellable.co](http://www.wellable.co)

Family Planning Assoc. of Maine  
Lynette Johnson  
PO Box 587  
Augusta, ME 04332  
[ljohnson@mainefamilyplanning.org](mailto:ljohnson@mainefamilyplanning.org)  
(207) 622-7524

Modern Woodmen of America  
Mike Toth & Timothy Graham  
110 Tandberg Trail  
Windham, ME 04062  
[michael.v.toth@mwarep.org](mailto:michael.v.toth@mwarep.org)  
(207) 892-0302  
[www.modern-woodmen.org](http://www.modern-woodmen.org)

Good Shepherd Food Bank  
Courtney Kennedy &  
Shannon Coffin  
3121 Hotel Road  
PO Box 1807  
Auburn, ME 04211  
[ckennedy@gsfb.org](mailto:ckennedy@gsfb.org)  
(207) 577-484  
[www.gsfb.org](http://www.gsfb.org)

Office of Substance Abuse  
Maine CDC  
Anita Reynolds  
41 Anthony Avenue  
11 State House Station  
Augusta, ME 04333-0159  
[leeanne.dodge@maine.gov](mailto:leeanne.dodge@maine.gov)  
(207) 287-2596  
[www.maineosa.org](http://www.maineosa.org)



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### MINI DEMONSTRATIONS

WEDNESDAY

June 22<sup>nd</sup>

Visit during assigned group time slot between 1:00 and 3:00 P.M

#### WMD 101: Hands Only CPR

Instructor, Gary Urey

Location: Commons, Room 221

Gary Urey is the Youth Market Director for the American Heart Association. He has enjoyed working with hundreds of schools, physical education teachers, and students on Jump Rope for Heart and Hoops for Heart, and many other heart healthy activities and programs.

Not interested in taking a full CPR class but still want to learn how to save a victim of sudden cardiac arrest? Hands-only CPR may double the chances of survival for having a sudden cardiac arrest. Most cardiac arrests happen at home, so the chances are more probable that you will do CPR on a friend or loved one. Don't be unprepared, this demonstration of Hands-Only CPR will teach you all you need to know to give them a fighting chance.

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#### WMD 102: Stress Management Techniques

Instructors, Nancy Marti, Jeri Stevens, Carol Jollotta

Location: Commons, Room 225

Carol Jollotta is the owner of CJ Consulting, LLC. She provides counseling services to students of Thomas College and maintains a private outpatient psychotherapy practice. She is a member of the National Association of Social Workers. Jeri W. Stevens, PhD, LCPC, psychotherapist and educator is the owner of Chandler Bay Resources. She is dedicated to providing quality education for professionals and has dedicated much of her energy teaching individuals about self-care, quality of life and wellness. Nancy Martin has taught physical education/health for 25 years and is currently a certified wellness coach.

Does breathing really matter? This mini demonstration will show participants how deep breathing can impact heart rate with a direct relationship to stress management. Using Hearth Math, willing participants can practice their breath, learn how to deep breathe and see evidence of heart rate change.

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#### WMD 103: Brain Gym Exercises

Instructor, Linda Ciampa

Location: Commons, Room 226

Linda Ciampa is a Kindergarten teacher at the Pittston Consolidated School. She has a Masters in Learning and the Brain and had been working with Brain Gym for approximately 11 years. Linda is a huge proponent of brain-based, movement-based learning and uses Brain Gym with her young students every day!.

Ever wonder what Brain Gym is, how it works, and how to do it? Visit Linda to learn how to incorporate quick, easy, and beneficial Brain Gym exercises into your school day for both you and your students. Who couldn't use a little brain exercise to get the learning going?

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### ACTION PLANNING SESSIONS

**THURSDAY**

**June 23<sup>rd</sup>**

**8:00 – 9:45 A.M.**

#### **Action Plan Development 102:**

#### **Developing a Successful and Impactful Action Plan**

Lead Instructors, Susan Berry and Sarah Ricker

Location: Pettengill Hall, Room G 65

The success of a Workplace Wellness Program begins with establishing a vision and mission for the Wellness Team that are focused on healthy staff, healthy students, and positive, safe, healthy work and learning environments for all. In this session, team members, who are building a foundation for their Workplace Wellness Program, will learn about the steps necessary to create a successful action plan. Participants will be guided through a Team Action Plan template that embraces the Six Dimensions of Wellness and three focus areas: Policies & Systems, Climate & Culture, and Health Promotion & Personal Wellness. This work session will include multiple opportunities for hands-on exploration of a variety of successfully implemented health promotions and wellness materials and models; programming activities; and resources relevant to team programming. At the conclusion of this work session, teams will be familiar with the components of a quality action plan; therefore supporting the ongoing work necessary for implementation in the 2016-17 school year and beyond. Please bring a laptop or tablet with you so that online resources can be viewed and you can use it as you populate your action plan.

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#### **Action Plan Development 502:**

#### **Enhancing Action Plans for Impact**

Lead Instructors, Shelly Simpson and Katie Hoffmann

Location: Pettengill Hall, Room G 52

This interactive work session for established Wellness Teams will give members an opportunity to view their Team Action Plan from a different perspective. How strong are your roots, trunk and leaves? What is missing from your plan to create a strong, successful Workplace Wellness Program? This session will assist individuals and teams in taking an in-depth look at their Wellness Teams and current action plans. In teams and groups of individual team participants, you will engage in assessment strategies that will help to find gaps in your action plans and then you will identify strategies to fill those gaps making your "Wellness Tree" stronger. Groups or teams will then discuss how to look critically at the strengths and challenges within a team as well as existing action plans. There will be ample time allotted for team or group discussions; drafting portions of the action plans; and reflection and feedback. The work session will wrap up with everyone identifying their own key next steps that will result in a successful action plan and a strong, cultivated Workplace Wellness Program. Please bring your current Action Plan to this session, along with your laptop or tablet.



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### WEDNESDAY SESSIONS

June 22<sup>nd</sup>

**Pick 2... one per time slot 3:15 – 4:15 P.M. and 4:30 – 5:30 P.M.**

#### **EDU 101: Books Aren't Just for Reading!**

Instructor, Argy Nestor

Location: Pettengill Hall, Room G 63

Argy Nestor is the Director of Arts Education at the Maine Arts Commission. She has served as the Visual and Performing Arts Specialist at the Maine Department of Education and spent 30 fun-filled years in the classroom teaching visual arts. Argy has been recognized for her accomplishments in teaching including the 1995 Maine Teacher of the Year. She is well published and has presented on many teaching and learning topics. Argy is most proud of the Maine Arts Leadership Initiative and the work that all arts educators do in classrooms across the state.

Bookmaking can be used to nourish one's soul or as a tool for teaching all while having fun! Wonder what accordion, flag, lotus, or swirl books look like? Join this session to find out and to gain hands on experience creating books yourself. Also gather and share ideas about how to apply the techniques to personal projects or integrate into a classroom.

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#### **EDU 102: Jump Rope for Fun & Fitness**

Instructor, Gary Spinney

Location: Chase Hall, Memorial Commons

Gary Spinney is a retired Physical Education and Health Teacher and has taught jump rope for over 35 years. Gary is a National Jump Rope Coordinator of the Year (2008) and an Elementary Physical Education Teacher of the Year (1988). Gary has won many awards for teaching and his dedication to the Jump Rope for Heart program. Gary ran a Jump Rope for Heart program at Camden-Rockport Elementary School for 16 years with his students where they raised over \$372,000 for the American Heart Association. Gary ran jump rope clubs for nearly 40 years and had a Jump Rope for Heart Demonstration Team for five years.

The session is for anyone who wants to learn jump rope skills for fun, fitness, and wellness. It will teach participants a variety of jump rope skills that build confidence and create excitement in students of all ages, as well as share ideas on ways to incorporate jump rope within the classroom. Gary will provide tips on choosing the correct equipment for a successful experience. Also learn how to start a jump rope club for teachers and/or students.

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#### **EDU 103: Tone Your Mind, Tune Your Body with NIA**

Instructor, Erin Curren

Location: Pettengill Hall, Room G 04

Erin Curren is a life enthusiast! Teacher, artist, performer, and dancer, Erin loves inspiring individuals to connect deeply with their own bodies and each other. In 2008, Erin discovered Nia and fell in love. She is now a Black Belt Nia Teacher, offering classes and workshops from Cape Elizabeth and Augusta. To find her schedule and connect via social media, visit Erin's website at [www.erincurren.com](http://www.erincurren.com).

What if the body is a gift, a privilege, and a responsibility? The Nia Technique offers movement designed for the sustainability of the body and the expression of one's unique imagination, spirit, and emotions. In the session, Erin will guide participants through movements that heal and empower while encouraging everybody to explore and sense the body from the inside out. Learn what it means to become a sensation scientist. Tone your mind. Tune your body. Discover your movement. All are encouraged to wear clothes that make movement comfortable. Barefoot movement is encouraged. Please bring water to stay hydrated.

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### WEDNESDAY SESSIONS

June 22<sup>nd</sup>

Pick 2... one per time slot 3:15 – 4:15 P.M. and 4:30 – 5:30 P.M.

#### EDU 104: Body, Mind and Spirit: Techniques for Health and Happiness

Instructor, Todd Glacy

Location: Commons, Room 226

Todd Glacy is a presenter, facilitator and sacred sound musician. He worked as a school counselor in public education for 10 years, before becoming ordained as an Interfaith Chaplain. He currently offers events and programs focused on relaxation, meditation, self-awareness and emotional intelligence and spiritual growth.

Physical and emotional stress/anxiety is pervasive in our society and a strong contributing factor towards behavior issues, learning difficulties, physical illness and general unhappiness. When our minds and bodies are relaxed we are more able to remain calm, think clearly, make good decisions and feel good! In this workshop participants will learn quick and simple techniques including breath awareness, gratitude practice, progressive muscle relaxation and simple chair yoga stretches that are easy to implement and practice in any environment by people of all ages.

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#### EDU 105: Culinary Herbs

Instructor, Chef Michael Staffenski

Location: Commons, Room 221

Chef Michael Staffenski's love of food started early in life. Born in Germany and later emigrating to the United States, there was always an international flair in the family kitchen. His professional career started in 1984 working in large hotels and intimate country inns. Currently he is proud to be the Sous Chef at Bates College which is ranked as one of the top college dining facilities in the country.

In this session Chef Michael will demonstrate the use of a variety of common (and not so common) herbs in cooking. He will demonstrate how to bring exciting flavors to healthy dishes and participants will get to savor samples.

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#### EDU 106: Dance for the Body and Brain

Instructor, MaryEllen Schaper

Location: Benjamin Mays Center

MaryEllen Schaper has taught in Maine for 40 years spanning Pre-K through college. Currently she works in SAD/RSU 6 where she teaches middle school health and physical education; directs the drama club and improv club; and choreographs and directs musicals at Bonny Eagle High School. MaryEllen is an active member of the *Maine Arts Leadership Initiative*. She has received several teaching awards, and presented workshops at state and regional conferences on diverse topics including pre-school dance education, exemplary middle school physical education curriculum, and implementing teacher effectiveness legislation. MaryEllen is a contributing author to the Maine Dance Education Curriculum Guide, the Maine Learning Results for Visual and Performing Arts and The Performance by Middle School Children with and without Asthma on the PACER (Perceptual and Motor Skills).

"If you can talk, you can sing. If you can walk, you can, dance" (Zimbabwe proverb). Spend an hour with MaryEllen having fun and challenge your brain through the vehicle of creative and modern dance. No previous dance experience necessary; "two left feet" welcome!

# INSPIRING THE FUTURE

## 2016 MAINE SCHOOL WELLNESS SUMMIT

Maine Schoolsite Health Promotion Program ~ Maine Department of Education



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### THURSDAY SESSIONS

June 23<sup>rd</sup>

Pick 2... one per time slot 10:00 – 11:00 A.M. and 11:15 A.M. – 12:15 P.M.

#### EDU 201: Stress Resilience in the Workplace

Instructors, Carol Jollotta, Nancy Martin and Jeri Stevens

Location: Pettengill Hall, Room G 50

Jeri Stevens is a psychotherapist and educator working in the mental health field for nearly 40 years. Along with her private practice in mental health, Jeri is an assistant professor at Husson University, and facilitates stress resilience training and coaching for mental health professionals. Carol Jollotta has been helping people find the balance in their lives for 20 years. She brings a holistic approach to her work focused on mindfulness and wellness. As a group facilitator and trainer she assists people in establishing and maintaining a more healthful lifestyle. Nancy Martin has 25 years' experience teaching physical education. She was the Wellness Director at CSD 10 and chaired its 2005 State of Maine award-winning wellness program. Nancy has been working as a wellness coach for the past six years and recently became a certified Yoga instructor. She brings her teaching/coaching skills to groups and individuals to enhance the body-mind connection. Jeri owns Chandler Bay Resources which helps to educate individuals about self-care, quality of life and wellness. Carol and Nancy have joined Jeri and together they have co-developed the Empowerment Model for Stress Resilience.

This session will help participants recognize the role of mind-body feedback loops in the workplace and identify economic and physical impacts of stress. Strategies for stress resilience in the workplace will be demonstrated.

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#### EDU 202: Ergonomics in the Workplace

Instructor, Allan Brown

Location: Pettengill Hall, Room G 04

Allan Brown is a trained physical therapist, now a safety management consultant with MEMIC where he has been working with Maine companies to help them manage workplace injuries for over 33 years. He utilizes traditional clinical tools along with ergonomics to address the causes of injuries and to enhance recovery, a model that has created a paradigm shift in work injury management not only in the State of Maine but also in other parts of the country. The model drastically reduced the severity of injuries and often, with ergonomic interventions, eliminated the causation.

Studies have linked excessive sitting and standing to increased risk for heart disease, colon cancer, muscle degeneration, bad backs and leg disorders. This workshop will discuss how work environments impact basic anatomy. Allan will discuss the physiological changes that happen in our body between sitting and standing and explore the impact of gravity on our bodies. He will also discuss strategies to reduce the risk of injury while at work.

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#### EDU 203: Impact of Drugs on the Brain

Instructor, LeeAnne Dodge

Location: Pettengill Hall, Room G 10

LeeAnne Dodge is an Education Specialist at the Maine Center for Disease Control and Prevention. She supports local coalitions engaged in prevention work, organizes relevant training opportunities and provides technical assistance. She collaborates with state and local agencies engaged in substance abuse prevention and public health and helps schools and communities create better substance abuse policies. Prior to working in state government, she was the Assistant Director of Student Life and Coordinator of Substance Abuse Prevention and Wellness at the University of Southern Maine.

Substance use can interfere with a young person's development and potential. This interactive session will focus on the latest trends in substance use and the impact it has on the brain, mental health, and overall wellness. Attendees will learn what can be done to address the issues, how Wellness Teams can support programs and policy, and gather best practice resources.

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### THURSDAY SESSIONS

June 23<sup>rd</sup>

**Pick 2... one per time slot 10:00 – 11:00 A.M. and 11:15 A.M. – 12:15 P.M.**

#### **EDU 204: Where Bullying Prevention and Schoolsite Wellness Meet!**

Instructor, Sarah Ricker

Location: Pettengill Hall, Room G 63

Sarah Ricker is the Student Assistance Coordinator at the Maine Department of Education (DOE) overseeing issues related to bullying, student behavior, school climate, and school counseling. She provides professional development, technical assistance, and information to parents and school personnel on bullying prevention and restraint and seclusion laws. Sarah's background includes teacher, character education program director, working with at-risk students, and assistant principal. She is excited to be in a position that recognizes the social, emotional, mental and physical well-being of students and to assist schools in creating safe and successful places for students to learn, grow and accomplish goals.

In this session participants will become familiar with key components of Maine's law that addresses bullying behaviors in schools and the Maine DOE's model policy and procedures. Developing a coordinated approach to bullying prevention is important in creating a healthier school climate. Participants will review best-practices and current data then engage in devising ways the district's wellness program can assist in addressing bullying in their schools.

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#### **EDU 205: Team Up: Connecting Wellness Teams with Local Wellness Policy**

Instructor, Sarah Platt

Location: Pettengill Hall, Room G 65

Sarah Platt is an Education Specialist with the Maine Department of Education, Child Nutrition Programs. She provides technical assistance on school meal patterns; local wellness policies; school breakfast, lunch and snack programs; free and reduced-price meal applications; and menu planning. She also conducts program reviews of school nutrition programs around the state. Prior to joining Maine DOE, Sarah was a school nutrition director at a local school district.

Is your Wellness Team looking for opportunities to create healthier students, staff and a better school environment? Why not team up with those responsible for your Local Wellness Policy (LWP)? If your district participates in the National School Lunch Program, it has a LWP, and there's exciting work being done right now that your Wellness Team can become a part of. Learn who's on the LWP team and how you can connect with them to complement and coordinate wellness policies in your school.

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#### **EDU 206: Financial Knowledge to Get You Started on the Right Track**

Instructor, Abraham Dugal

Location: Pettengill Hall, Room G 21

A native of Lincolnville, Abe graduated from Camden Hills Regional High School and then Babson College in MA, where he majored in business management and finance. He worked in the financial services industry in the Boston area for almost 10 years before returning home to Midcoast Maine and joining Allen Insurance and Financial. Abe worked for a global investment management firm holding positions focused in custom client portfolio analysis and operations and portfolio risk. He currently serves on the finance committee for Midcoast Habitat for Humanity.

Having a strong base of financial knowledge will enable you to not only understand financial concepts but it will also help you become financially independent and self-reliant. This session will highlight how financial knowledge can help participants with understanding their paychecks and creating budgets. Information on credit cards and loans, power of compound interest and retirement investment options will be presented.